

A 7-STEP HEALING JOURNEY

# HEALING SELF-SABOTAGE WORKBOOK

RECOGNISE THE PATTERNS, HEAL THE WOUNDS,  
AND CHOOSE A LIFE OF SELF-LOVE AND FREEDOM

CREATED FOR  
NEURODIVERGENT  
MINDS



ADHD • AUTISM  
DYSLEXIA  
SENSORY SENSITIVE  
AND MORE

## SUPPORTING YOU TO:

- ♥ Understand the Root Causes
- 🌸 Heal Emotional Wounds
- 🔑 Release Limiting Beliefs
- 🦋 Build Self-Worth & Confidence
- 🤝 Create Lasting Change with Compassion

WITH THE GUIDANCE OF  
**ARCHANGEL  
URIEL**

AND GUIDE  
**JACOB**

GENTLE,  
MANAGEABLE &  
NEURO-AFFIRMING  
APPROACH

EMOTIONAL  
SAFETY  
AWARENESS  
HEALING

♥ SCRIBED BY ♥  
**HEATHER SPOONER**  
OF ANGELIC ALLEGIANCE

WWW.ANGELICALLEGIANCE.CO.UK

♥ YOU ARE NOT BROKEN. YOU ARE BECOMING.  
*It's time to choose you.*

# Introduction

## Healing Self-Sabotage

### A 7-Step Healing Journey with Archangel Uriel & Guide Jacob

#### Scribed by Heather Spooner of Angelic Allegiance

Self-sabotage is one of the most misunderstood emotional patterns many people experience.

Often, people believe they are:

- lazy
- weak
- incapable
- inconsistent
- “broken”
- lacking discipline

But beneath self-sabotage there is usually something much deeper:

- fear
- emotional wounds
- shame
- self-doubt
- fear of failure
- fear of success
- rejection
- perfectionism
- low self-worth
- nervous system overwhelm
- emotional exhaustion

Many people living with self-sabotage are not failing because they do not care.

Often, they care deeply.

But somewhere within them exists a conflict between:

**who they wish to become...**

and what their subconscious mind believes is emotionally safe.

This workbook was created to gently help uncover:

- the emotional roots of self-sabotage
- hidden fears
- limiting beliefs
- nervous system patterns
- unconscious emotional blocks
- self-worth wounds
- cycles of avoidance and overwhelm

Most importantly,  
this workbook was created to help you begin healing those patterns with:

💡 compassion

- ✦ awareness
  - ✦ emotional safety
  - ✦ gentleness
  - ✦ self-understanding
  - ✦ and spiritual guidance
- 

## ***Why This Workbook Is Divided Into 7 Sections***

Healing deep emotional patterns can feel overwhelming, especially for people who:

- become mentally overloaded easily
- struggle with focus or emotional regulation
- process emotions deeply
- become exhausted by large amounts of information
- live with anxiety, ADHD, autism, high sensitivity, or other neurodivergent experiences

Many traditional self-help approaches unintentionally overwhelm the nervous system by expecting people to:

- process too much too quickly
- “push through”
- force rapid change
- emotionally overload themselves

But true healing rarely happens through pressure.

It happens through safety, gentleness, and manageable steps.

That is why this workbook has been intentionally created as:

### **a 7-step journey.**

Each day is designed to help you focus on:

- one emotional layer at a time
- one healing lesson at a time
- one reflection at a time

This allows the nervous system time to:

- process
- integrate
- emotionally regulate
- reflect
- rest
- absorb awareness safely

This structure can feel especially supportive for neurodivergent individuals because it:

- ✦ reduces overwhelm
- ✦ supports emotional pacing
- ✦ creates manageable daily focus
- ✦ encourages routine and grounding
- ✦ prevents emotional flooding
- ✦ allows time for reflection and rest
- ✦ makes healing feel safer and more accessible

You do not need to complete everything perfectly.

You do not need to rush.

You do not need to “fix yourself” overnight.

Healing happens through small moments of awareness repeated consistently with compassion.

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## ***A Gentle Reminder Before You Begin***

Please move through this workbook slowly and gently.

Some sections may bring emotions,  
memories,  
or realizations to the surface.

This is not failure.

This is awareness.

If emotions arise:

- pause when needed
- drink water
- ground yourself
- rest
- breathe deeply
- return when emotionally ready

There is no race here.

This journey is about learning to stop fighting yourself internally.

And instead,  
begin becoming someone who feels emotionally safe to exist within.

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## **Working With Archangel Uriel & Guide Jacob**

Throughout this journey,  
you will be supported spiritually through the loving guidance of:

**Archangel Uriel**

— angel of wisdom,  
illumination,  
truth,  
clarity,  
healing,  
and transformation.

Uriel helps illuminate:

- unconscious fears
- emotional patterns
- limiting beliefs
- hidden wounds
- pathways toward healing and understanding

You will also journey alongside the loving wisdom of:

### **Guide Jacob**

Jacob's teachings throughout this workbook are designed to bring:

- emotional awareness
- compassion
- grounding
- truth
- deeper understanding
- gentle healing guidance

Together,  
this workbook invites you into a journey of:

- ✦ awareness
- ✦ healing
- ✦ emotional safety
- ✦ self-worth
- ✦ transformation
- ✦ and self-love

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## ***Before You Begin***

Please remember:

You are not broken.

Self-sabotage is often a protection response created through pain,  
fear,  
conditioning,  
or emotional overwhelm.

And what was learned through pain can also be healed through compassion.

Take this journey:

- slowly

- gently
- honestly
- one day at a time

Because healing does not happen through punishment.

Healing begins the moment you stop becoming your own enemy



## Recognizing Your Self-Sabotage Patterns

“The patterns you refuse to acknowledge are often the patterns controlling your life.” — Jacob

Before healing can begin, awareness must come first.

Many people move through life believing they are:

- lazy
- unlucky
- inconsistent
- broken
- incapable
- unmotivated

when in reality they are operating from subconscious survival patterns created long ago.

Self-sabotage is rarely conscious.

It is often the nervous system attempting to protect you from:

- rejection
- failure
- disappointment
- abandonment
- criticism
- vulnerability
- success
- change
- emotional pain

The mind creates protective behaviours to avoid perceived danger.

These behaviours can look like:

- procrastination
- avoidance
- overthinking
- people pleasing
- perfectionism
- inconsistency

- emotional withdrawal
- quitting too soon
- creating chaos before stability arrives
- pushing away love or opportunities
- staying “small”
- doubting yourself constantly

At some point, these patterns may have helped you feel emotionally safe.

But what once protected you may now be limiting your growth, peace, relationships, confidence, purpose, and happiness.

Today is not about judging yourself.

Today is about becoming aware with compassion.

Because awareness creates choice.

And choice creates freedom.

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## ***Invocation to Archangel Uriel***

Before beginning today's reflections, sit quietly for a moment.

Place your hand over your heart and breathe slowly.

“Archangel Uriel,  
Angel of wisdom,  
illumination,  
truth,  
and divine clarity,  
I invite your presence into this space now.

Shine your light gently into the hidden places within me.

Help me see the subconscious patterns,  
fears,  
beliefs,  
emotional wounds,  
and protective behaviours influencing my choices and reactions.

Remove denial,  
confusion,  
shame,  
and self-judgment.

Help me understand myself with honesty and compassion.

Reveal where I disconnect myself from:  
love,  
peace,  
success,  
consistency,

confidence,  
joy,  
abundance,  
and emotional safety.

Illuminate the patterns I am now ready to heal and release.

Help me remember that awareness is not punishment —  
it is the beginning of freedom.

I am ready to see clearly.

I am ready to heal.

Thank you for your wisdom,  
protection,  
and loving guidance.

And so it is.”

Pause afterward.

Notice:

- emotions
- memories
- resistance
- thoughts
- sensations in the body
- recurring fears

before beginning your journaling.

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## ***Jacob's Teaching for Today***

Most self-sabotaging patterns are not created because you hate yourself.

They are created because part of you learned it was safer to:

- avoid disappointment
- stay invisible
- remain emotionally guarded
- not trust success
- expect rejection
- avoid vulnerability
- stay in familiar pain instead of unfamiliar change

The subconscious mind always prioritizes safety over happiness.

Even unhealthy patterns can feel emotionally “safe” because they are familiar.

This is why people often:

- sabotage healthy relationships

- procrastinate on meaningful goals
- avoid visibility
- abandon routines
- self-isolate
- settle for less
- delay opportunities
- remain stuck in cycles they consciously want to escape

Part of them wants growth.

Another part fears what growth might require.

Healing begins when you stop asking:

**“What’s wrong with me?”**

And begin asking:

**“What is this pattern trying to protect me from?”**

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## Self-Sabotage Awareness Assessment

Rate yourself honestly from 1–10.

| Statement                                                             | Score |
|-----------------------------------------------------------------------|-------|
| I procrastinate on important things                                   | ___   |
| I overthink instead of taking action                                  | ___   |
| I struggle to stay consistent                                         | ___   |
| I fear failure or rejection deeply                                    | ___   |
| I push away opportunities, love, or support                           | ___   |
| I often feel stuck in repeated cycles                                 | ___   |
| I sabotage progress once things improve                               | ___   |
| I doubt my worth or abilities frequently                              | ___   |
| I fear being truly seen or visible                                    | ___   |
| I feel emotionally uncomfortable when life becomes stable or peaceful | ___   |

### Reflection

Which statement felt most emotionally activating for you?

Write honestly:

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## Emotional Pattern Reflection

Read through the following slowly and place a tick beside anything that resonates deeply.

**I sometimes...**

- ☐ procrastinate because I fear failing
  - ☐ avoid opportunities because success feels overwhelming
  - ☐ stay stuck because change feels unsafe
  - ☐ sabotage relationships because vulnerability scares me
  - ☐ create excuses to avoid discomfort
  - ☐ abandon routines once progress begins
  - ☐ compare myself to others constantly
  - ☐ struggle to receive support or love fully
  - ☐ downplay my achievements
  - ☐ expect things to go wrong
  - ☐ fear disappointing people
  - ☐ push myself away from happiness unconsciously
  - ☐ feel safer in familiar chaos than unfamiliar peace
- 

## Jacob's Deep Reflection Exercise

### Journaling Questions

Take your time.

Answer honestly without trying to sound "positive."

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### 1. What self-sabotaging patterns keep repeating in my life?

Think about:

- relationships
- career
- money
- health
- confidence
- habits
- emotional reactions
- opportunities
- visibility
- consistency

Write:

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### 2. What do these patterns protect me from emotionally?

Examples:

- rejection
- embarrassment
- abandonment

- pressure
- vulnerability
- disappointment
- responsibility
- criticism

Write honestly:

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**3. When do I first remember feeling emotionally unsafe, rejected, unseen, criticized, or not enough?**

Write gently and honestly:

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**4. What do I fear could happen if I fully succeeded, healed, or stepped into my potential?**

Examples:

- people may judge me
- I may fail publicly
- expectations may increase
- I may outgrow people
- I may lose relationships
- I may become visible
- life may change

Write:

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**5. How has self-sabotage already affected my life emotionally?**

Think about:

- lost opportunities
- confidence
- relationships
- peace
- self-worth
- finances
- happiness
- trust in yourself

Write:

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**6. What part of me is asking for healing instead of judgment?**

Write:

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### ***The Awareness Mirror Exercise***

Stand in front of a mirror tonight.

Look into your own eyes and say slowly:

“I am willing to understand myself instead of fighting myself.”

“My patterns are not proof that I am broken.”

“I am becoming aware.”

“And awareness changes everything.”

Notice any emotions that arise afterward.

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### ***Jacob's Practice for Today***

Your only task today is awareness.

Do not try to “fix” everything immediately.

Instead, begin observing:

- avoidance
- excuses
- emotional reactions
- fears
- inner dialogue
- moments of self-doubt
- discomfort around success, love, visibility, or peace

Write down what you notice throughout the day.

Awareness weakens unconscious patterns.

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## ***End-of-Day Reflection***

**What pattern showed up most strongly today?**

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**What emotion was underneath it?**

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**Did I notice myself avoiding, delaying, shrinking, or doubting myself today?**

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**What did I learn about myself today?**

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## ***Evening Closing Incantation***

Tonight, place your journal beside your bed before sleeping.

Read slowly:

“Archangel Uriel,  
thank you for helping me begin seeing myself more clearly today.

As I sleep tonight,  
illuminate the deeper roots of my self-sabotaging patterns.

Reveal gently through dreams,  
memories,  
emotions,  
symbols,  
and intuition  
what my subconscious has been trying to protect.

Help me understand the fears,  
wounds,  
beliefs,  
and emotional pain beneath these behaviours.

Bring healing to the parts of me that learned it was unsafe to:  
trust,  
receive,  
grow,  
succeed,  
rest,  
love,  
or fully be seen.

Surround my mind,  
body,  
spirit,  
and sleep with divine protection,  
wisdom,  
peace,  
and truth.

Help me awaken tomorrow with deeper awareness,  
compassion,  
clarity,  
and emotional understanding.

Thank you for your light and guidance.

And so it is.”

Keep your journal nearby tonight.

If you wake during the night or receive:

- dreams
- memories
- symbols
- sudden insight
- emotional releases
- repeating thoughts

write them down immediately.

The subconscious often speaks softly before it speaks clearly.

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## ***Jacob's Closing Message***

“Self-sabotage is rarely self-hatred.

More often,  
it is self-protection created by pain that was never fully understood.

The moment you begin meeting your patterns with awareness instead of shame,  
healing begins.

You are not broken.

You are becoming conscious.”



## When Receiving Feels Unsafe

“Many people do not only fear failure.

They also fear the life that success might require them to become.” — Jacob

Most people believe self-sabotage comes from fear of failure.

But many people unconsciously fear success just as deeply. Because success changes things.

Success can bring:

- visibility
- responsibility
- pressure
- attention
- vulnerability
- expectations
- change
- jealousy from others
- fear of losing relationships
- fear of being judged
- fear of not being able to maintain it

For some people, struggle feels familiar.

Struggle feels predictable.

Struggle feels emotionally safe.

But expansion?

Visibility?

Receiving?

Being seen?

Thriving?

That can feel deeply uncomfortable to the nervous system if safety was never connected to those experiences.

So the subconscious mind may begin creating subtle forms of resistance:

- procrastination
- inconsistency
- avoidance
- self-doubt
- overthinking
- quitting too early

- shrinking yourself
- staying hidden
- delaying opportunities
- distracting yourself
- pushing away support

Not because you do not want success...

But because some part of you may not yet feel safe holding it.

Today is about understanding the emotional fears connected to receiving the life you say you want.

Because healing self-sabotage requires creating emotional safety around growth.

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### ***Invocation to Archangel Uriel***

Before journaling, place both hands over your heart and breathe slowly.

“Archangel Uriel,  
angel of wisdom,  
illumination,  
courage,  
and truth,  
I invite your presence into this space now.

Shine your light upon the hidden fears I carry around success,  
visibility,  
abundance,  
happiness,  
healing,  
love,  
and growth.

Help me understand where I learned it was unsafe to:  
shine brightly,  
receive fully,  
succeed openly,  
trust happiness,  
or step into my true potential.

Reveal the subconscious fears,  
emotional wounds,  
beliefs,  
and protective patterns connected to success and expansion.

Remove shame,  
fear,  
guilt,  
and self-judgment from my awareness.

Help me feel emotionally safe receiving the blessings,  
opportunities,  
love,

peace,  
and abundance I desire.

Teach my nervous system that growth can be safe.

I am ready to release the fear of becoming more.

Thank you for your guidance,  
wisdom,  
and divine light.

And so it is.”

Pause afterward.

Notice:

- resistance
- fear
- discomfort
- emotions
- memories
- thoughts
- body sensations

before writing.

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## ***Jacob's Teaching for Today***

Sometimes success threatens old identities.

If you grew up:

- criticized when you stood out
- rejected when confident
- surrounded by stress around money or achievement
- taught to stay small
- taught to prioritize others over yourself
- punished for visibility
- afraid of disappointing people

then success may unconsciously feel emotionally unsafe.

The subconscious mind may believe:

- “If I succeed, people will judge me.”
- “If I become visible, I may be rejected.”
- “If I succeed, expectations will increase.”
- “If life becomes peaceful, something bad may happen.”
- “If I outgrow others, I may end up alone.”
- “If I finally receive what I want, I could lose it.”

So part of the mind keeps recreating familiar struggle because familiarity feels safer than expansion.

This is why some people sabotage opportunities just as life begins improving.

Not because they are incapable —  
but because the nervous system is still trying to protect them from perceived emotional danger.

Today is about becoming aware of where success feels unsafe inside you.

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## ***Fear of Success Assessment***

Rate yourself honestly from 1–10.

| Statement                                           | Score |
|-----------------------------------------------------|-------|
| I become uncomfortable when things start going well | ___   |
| I fear increased pressure or responsibility         | ___   |
| I downplay my achievements or gifts                 | ___   |
| I procrastinate when opportunities appear           | ___   |
| I fear being visible or fully seen                  | ___   |
| I worry success could change my relationships       | ___   |
| I fear I may not be able to maintain success        | ___   |
| I feel safer struggling than thriving sometimes     | ___   |
| I fear judgment if I truly step into my potential   | ___   |
| I sabotage progress once life begins improving      | ___   |

## **Reflection**

Which statement triggered the strongest emotional reaction in you today?

Write honestly:

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## ***Emotional Pattern Recognition***

Place a tick beside anything that resonates deeply.

### **I sometimes...**

- ☐ shrink myself to avoid attention
- ☐ procrastinate when opportunities appear
- ☐ fear disappointing others if I succeed
- ☐ avoid visibility or recognition
- ☐ feel guilty wanting more from life
- ☐ fear losing relationships if I grow
- ☐ become overwhelmed when things improve
- ☐ sabotage consistency once progress begins
- ☐ fear success will create pressure
- ☐ struggle to receive support or abundance fully

- ☐ feel emotionally safer in struggle than peace
- ☐ doubt whether I deserve success or happiness

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## Deep Reflection Exercise

### Journaling Questions

Take your time today.

Answer honestly without censoring yourself.



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#### 1. What does success emotionally mean to me?

Think beyond money or achievement.

Does success feel:

- peaceful?
- dangerous?
- lonely?
- overwhelming?
- unsafe?
- exciting?
- pressuring?

Write:

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#### 2. What fears come up when I imagine fully succeeding?

Examples:

- judgment
- jealousy
- rejection
- responsibility
- pressure
- visibility
- failure after success
- losing relationships
- being “too much”

Write honestly:

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### 3. Did I grow up seeing success connected to stress, conflict, pressure, or emotional pain?

Think about:

- family beliefs
- money dynamics
- criticism
- visibility
- expectations
- achievement

Write:

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### 4. What part of me feels emotionally unsafe receiving what I desire most?

Write gently:

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### 5. How have I unconsciously delayed, avoided, or sabotaged opportunities in the past?

Examples:

- procrastination
- inconsistency
- quitting
- overthinking
- self-doubt
- distraction
- avoidance

Write:

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### 6. What might become possible if I finally felt safe to thrive?

Write freely:

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## ***Nervous System Awareness Exercise***

Today, notice what happens inside your body when you think about:

- success
- visibility
- happiness
- peace
- abundance
- love
- recognition
- growth

Do you notice:

- tension?
- anxiety?
- resistance?
- excitement?
- guilt?
- fear?
- overwhelm?

Write down what you observe throughout the day.

Awareness creates emotional healing.

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## ***Jacob's Practice for Today***

Today's practice is simple:

Allow yourself to receive something fully without minimizing it.

Examples:

- a compliment
- support
- rest
- kindness
- recognition
- joy
- abundance
- appreciation

Notice if discomfort arises.

Then gently remind yourself:

"It is safe for me to receive."

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## ***End-of-Day Reflection***

**What fear around success became clearer today?**

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**What emotions surfaced while journaling?**

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**Did I notice discomfort around receiving, visibility, or growth?**

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**What would change if success finally felt emotionally safe for me?**

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### ***Evening Closing Incantation***

Tonight, place your journal beside your bed before sleeping.

Read slowly:

“Archangel Uriel,  
thank you for helping me understand the hidden fears connected to success,  
visibility,  
happiness,  
love,  
peace,  
and abundance.

As I sleep tonight,  
illuminate the subconscious beliefs,  
emotional wounds,  
fears,  
and memories that taught me it was unsafe to thrive.

Help me release fear stored within my mind,  
nervous system,  
body,  
and spirit.

Teach me that growth can be safe.

Teach me that peace can be safe.

Teach me that I do not need to remain small to stay loved,  
accepted,  
protected,  
or connected.

Reveal gently through dreams,  
symbols,  
emotions,  
memories,

and insight  
anything ready for healing and transformation.

Help me awaken tomorrow with greater openness,  
self-worth,  
emotional safety,  
and trust in the blessings unfolding before me.

Surround my sleep with divine protection,  
wisdom,  
peace,  
and healing light.

Thank you for your guidance and illumination.

And so it is.”

Keep your journal beside your bed tonight.

Write down:

- dreams
- symbols
- emotional releases
- sudden memories
- repeating thoughts
- moments of clarity upon waking

Sometimes the subconscious reveals what the conscious mind has spent years protecting.

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### ***Jacob's Closing Message***

“Many people are not sabotaging success because they are incapable.

They are sabotaging it because part of them still believes struggle is safer than expansion.

Healing begins the moment you teach yourself that it is safe to receive the life you desire.”



## ***The Stories Quietly Running Your Life***

“Your subconscious beliefs become the invisible rules your life begins following.” — Jacob

Many self-sabotaging behaviours begin with beliefs that were formed long before you became consciously aware of them.

These beliefs are often created through:

- childhood experiences
- emotional wounds
- rejection
- criticism
- abandonment
- comparison
- trauma
- disappointment
- family conditioning
- painful relationships
- repeated emotional experiences

Over time, the mind begins creating internal conclusions such as:

- “I am not good enough.”
- “People always leave.”
- “I have to struggle to deserve success.”
- “I will probably fail.”
- “I am too much.”
- “I am not enough.”
- “Love is unsafe.”
- “Success creates pressure.”
- “Nothing works out for me.”
- “I cannot trust people.”
- “If I shine brightly, I will be judged.”
- “I do not deserve happiness.”

These beliefs become subconscious filters through which you begin seeing yourself, other people, and life itself.

Eventually, you stop questioning them.

You simply begin living from them.

And self-sabotage becomes the behaviour that reinforces those beliefs.

For example:

- If you believe you are not worthy of success, you may procrastinate or quit.
- If you believe people leave, you may push people away first.
- If you believe happiness never lasts, you may create chaos when life becomes peaceful.
- If you believe you are not enough, you may constantly shrink yourself.

Today is about identifying the hidden stories beneath your patterns.

Because healing begins when unconscious beliefs become conscious.

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## ***Invocation to Archangel Uriel***

Before journaling, close your eyes and breathe deeply.

Place one hand over your heart and one over your stomach.

“Archangel Uriel,  
angel of illumination,  
wisdom,  
truth,  
and divine understanding,  
I invite your presence into this space now.

Shine your light upon the subconscious beliefs shaping my thoughts,  
emotions,  
behaviours,  
reactions,  
fears,  
and patterns.

Reveal the stories I have accepted as truth that were born from pain rather than reality.

Help me recognize the beliefs rooted in:  
rejection,  
shame,  
abandonment,  
fear,  
criticism,  
disappointment,  
trauma,  
and emotional survival.

Remove confusion,  
denial,  
and self-judgment from my awareness.

Help me see myself through the eyes of truth instead of wounded conditioning.

Illuminate the beliefs I am now ready to release.

Replace fear with wisdom.  
Replace shame with compassion.  
Replace limitation with healing.

I am ready to see clearly.

I am ready to release what no longer serves my highest path.

Thank you for your loving guidance and divine light.

And so it is.”

Pause afterward.

Notice:

- emotions
- resistance
- sadness
- memories
- tension in the body
- thoughts that immediately arise

before writing.

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## ***Jacob's Teaching for Today***

The subconscious mind is constantly listening.

Especially during emotional moments.

A painful experience in childhood may have created a belief such as:

- “I am not important.”
- “I must earn love.”
- “I cannot trust people.”
- “I should stay small.”
- “I will be rejected if I fully express myself.”

The subconscious mind then begins looking for evidence to confirm those beliefs.

This is why limiting beliefs can become self-fulfilling cycles.

You unconsciously:

- choose relationships that reinforce them
- avoid opportunities
- sabotage success
- doubt yourself
- stay emotionally guarded
- procrastinate
- expect disappointment
- fear vulnerability
- remain stuck in familiar emotional patterns

Not because the beliefs are true...

But because the mind has become conditioned to expect them.

Jacob teaches:

**“The subconscious will choose what feels familiar over what feels healthy until awareness interrupts the cycle.”**

Today, you are interrupting the cycle.

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## ***Limiting Belief Assessment***

Rate yourself honestly from 1–10.

| Statement                                      | Score |
|------------------------------------------------|-------|
| I struggle to fully believe in myself          | ___   |
| I expect disappointment or failure often       | ___   |
| I criticize myself internally                  | ___   |
| I fear rejection deeply                        | ___   |
| I doubt whether I deserve success or happiness | ___   |
| I compare myself to others frequently          | ___   |
| I believe I am “behind” in life                | ___   |
| I struggle to receive love or support fully    | ___   |
| I fear I am not enough                         | ___   |
| I expect things to eventually go wrong         | ___   |

## **Reflection**

Which statement felt emotionally strongest for you today?

Write honestly:

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## ***Limiting Belief Recognition Exercise***

Read through the following and place a tick beside anything that resonates deeply.

**Deep down, I sometimes believe...**

- ☐ I am not enough
- ☐ I am too much
- ☐ I will eventually fail
- ☐ People always leave
- ☐ I cannot trust happiness
- ☐ Success creates pressure
- ☐ I must earn love
- ☐ I do not deserve abundance
- ☐ I will disappoint people
- ☐ I am difficult to love
- ☐ I should stay invisible
- ☐ I cannot trust myself

- ☐ I am behind everyone else
- ☐ Peace never lasts
- ☐ Something bad will happen if life becomes too good

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## Deep Reflection Exercise

### Journaling Questions

Answer slowly and honestly.

This is about awareness — not perfection.



---

#### 1. What negative beliefs repeat most often inside my mind?

Write freely:

---

---

---

#### 2. Where do I think these beliefs first began?

Think about:

- childhood
- family dynamics
- school experiences
- relationships
- criticism
- rejection
- emotional wounds

Write:

---

---

---

#### 3. How have these beliefs influenced my behaviours and decisions?

Think about:

- procrastination
- relationships
- confidence
- career
- visibility
- consistency

- opportunities avoided

Write:

---

---

---

#### 4. What have these beliefs cost me emotionally?

Examples:

- peace
- confidence
- opportunities
- self-worth
- trust
- relationships
- happiness

Write:

---

---

---

#### 5. Which belief feels most ready to heal now?

Write:

---

---

#### 6. What would my life look like without this belief controlling me?

Write in detail:

---

---

---

### **Belief Rewriting Exercise**

Complete the following slowly:

“I release the belief that...”

---

Now write:

"I now choose to believe..."

---

Repeat this three times with different beliefs.

---

### ***Mirror Awareness Exercise***

Stand in front of a mirror tonight.

Look into your own eyes gently and repeat:

"I am not the wounds that shaped me."

"I am not the false beliefs created by pain."

"I am allowed to heal."

"I am allowed to become someone new."

Notice any emotions, resistance, sadness, or softness that arises.

---

### ***Jacob's Practice for Today***

Today, notice your inner dialogue.

Pay attention to:

- self-criticism
- fear-based thoughts
- assumptions
- emotional reactions
- limiting language

Examples:

- "I can't."
- "I always mess things up."
- "What's the point?"
- "I'm not good enough."

When you notice a limiting belief, pause and ask:

**"Is this actually true..."**

or is this a belief created by pain?"

Awareness weakens the subconscious pattern.

## *End-of-Day Reflection*

What belief became most visible to me today?

---

Where do I think this belief originally came from?

---

How has this belief shaped my life?

---

What new belief do I want to begin practicing instead?

---

## *Evening Closing Incantation*

Tonight, place your journal beside your bed before sleeping.

Read slowly:

“Archangel Uriel,  
thank you for illuminating the hidden beliefs shaping my thoughts,  
emotions,  
choices,  
and behaviours.

As I sleep tonight,  
continue revealing the subconscious stories rooted in fear,  
rejection,  
shame,  
abandonment,  
criticism,  
and emotional pain.

Help me gently release the beliefs that no longer align with truth,  
healing,  
love,  
worthiness,  
peace,  
confidence,  
or growth.

Replace limitation with wisdom.  
Replace fear with trust.  
Replace shame with compassion.

Reveal through dreams,  
memories,  
emotions,  
insight,

and symbols  
anything ready to rise into healing awareness.

Help me awaken tomorrow with greater clarity,  
self-worth,  
emotional freedom,  
and inner truth.

Surround my mind,  
body,  
spirit,  
and sleep with divine protection,  
healing light,  
peace,  
and understanding.

Thank you for your guidance and illumination.

And so it is.”

Keep your journal nearby tonight.

Write down:

- dreams
- memories
- repeating thoughts
- emotional releases
- symbols
- sudden moments of clarity

The subconscious often reveals what the conscious mind has spent years believing without question.

---

### ***Jacob's Closing Message***

“The beliefs formed in pain are not permanent truths.

They are emotional conclusions created by experiences that wounded you.

Healing begins the moment you stop treating those beliefs as your identity.

Awareness creates freedom.

And freedom creates transformation.”



## ***Releasing the Belief That You Are Not Enough***

“Many self-sabotaging patterns are rooted in one painful belief:  
‘Something is wrong with me.’” — Jacob

At the core of many self-sabotaging behaviours lives a wound connected to worthiness.

When someone deep down believes:

- “I am not enough”
- “I am too much”
- “I am unworthy”
- “I must earn love”
- “I do not deserve happiness”
- “Others matter more than me”
- “I will never truly be chosen”

they often begin unconsciously creating behaviours that reinforce those beliefs.

This can look like:

- settling for less
- staying in unhealthy relationships
- over-giving
- people pleasing
- abandoning personal goals
- avoiding opportunities
- procrastinating
- hiding talents
- shrinking yourself
- tolerating disrespect
- rejecting compliments
- struggling to receive love or abundance
- sabotaging success once it arrives

Because deep down, the subconscious mind will often only allow you to receive what feels aligned with your sense of self-worth.

If you believe you are unworthy,  
you may unconsciously reject:

- peace
- love
- support

- visibility
- abundance
- happiness
- healing
- success

not because you do not want them...

but because some part of you does not yet believe you deserve them.

Today is about healing the relationship you have with yourself.

Because true healing begins when self-worth is no longer dependent on:

- achievement
- productivity
- validation
- perfection
- approval
- sacrifice
- external success

Your worth was never something you had to earn.

---

## ***Invocation to Archangel Uriel***

Before journaling, sit quietly for a moment.

Place your hands gently over your heart.

Breathe slowly.

“Archangel Uriel,  
angel of truth,  
healing,  
wisdom,  
and divine light,  
I invite your presence into this space now.

Shine your light gently upon the wounds connected to my self-worth.

Help me see where I have confused my value with:  
performance,  
perfection,  
approval,  
productivity,  
sacrifice,  
or external validation.

Reveal the moments,  
experiences,  
relationships,  
and beliefs that taught me I was not enough,  
too much,

unworthy,  
invisible,  
or difficult to love.

Help me release shame,  
self-rejection,  
comparison,  
guilt,  
and harsh self-judgment.

Teach me how to see myself through compassion instead of criticism.

Help me understand that my worth is not something I must earn.

Guide me toward deeper self-respect,  
self-love,  
emotional safety,  
and inner peace.

Illuminate the parts of me still asking for healing,  
acceptance,  
and understanding.

I am ready to stop abandoning myself.

Thank you for your loving guidance,  
wisdom,  
and protection.

And so it is.”

Pause afterward.

Notice:

- emotions
- memories
- sadness
- resistance
- inner dialogue
- body sensations

before beginning your reflections.

---

## ***Jacob's Teaching for Today***

Low self-worth is often created slowly over time.

Sometimes through:

- criticism
- rejection
- abandonment
- emotional neglect

- bullying
- comparison
- conditional love
- unrealistic expectations
- toxic relationships
- feeling unseen or unheard

The subconscious mind begins forming painful conclusions such as:

- “I need to earn love.”
- “I am not important.”
- “I am difficult to love.”
- “I must prove my value.”
- “Other people matter more.”
- “I should stay quiet.”
- “I do not deserve more.”
- “I should settle.”

Over time, these beliefs begin shaping:

- relationships
- boundaries
- confidence
- opportunities
- emotional patterns
- self-sabotage

Jacob teaches:

**“People often sabotage what they secretly believe they do not deserve.”**

This is why healing self-worth changes everything.

Because when you begin believing:

- you are worthy of love
- worthy of peace
- worthy of success
- worthy of healing
- worthy of support
- worthy of joy

your behaviours begin changing naturally.

You stop abandoning yourself to stay accepted.

---

## Self-Worth Assessment

Rate yourself honestly from 1–10.

| Statement                         | Score |
|-----------------------------------|-------|
| I struggle to believe I am enough | _____ |
| I compare myself to others often  | _____ |

- I seek validation from other people \_\_\_\_\_
- I feel uncomfortable receiving compliments or support \_\_\_\_\_
- I over-give or people please \_\_\_\_\_
- I settle for less than I truly want \_\_\_\_\_
- I criticize myself harshly \_\_\_\_\_
- I fear rejection deeply \_\_\_\_\_
- I feel guilty prioritizing myself \_\_\_\_\_
- I struggle to fully believe I deserve happiness or success \_\_\_\_\_

## Reflection

Which statement felt most emotionally painful or true for you today?

Write honestly:

---

---

## Self-Worth Recognition Exercise

Read slowly and place a tick beside anything that resonates deeply.

**Deep down, I sometimes feel...**

- ☐ not enough
- ☐ too much
- ☐ emotionally unsafe being fully myself
- ☐ undeserving of love or success
- ☐ afraid of rejection
- ☐ difficult to truly love
- ☐ guilty for having needs
- ☐ afraid to disappoint others
- ☐ responsible for everyone else's feelings
- ☐ uncomfortable receiving support
- ☐ emotionally exhausted from proving myself
- ☐ afraid to fully shine or stand out
- ☐ safer shrinking myself than being visible

## Deep Reflection Exercise

### Journaling Questions

Take your time today.

Allow honesty without judgment.



---

**1. What experiences first made me question my worth?**

Think about:

- childhood
- school
- relationships
- family dynamics
- criticism
- rejection
- comparison
- emotional neglect

Write:

---

---

---

**2. What do I believe I must “do” in order to deserve love, acceptance, or worthiness?**

Examples:

- succeed
- help others
- be perfect
- stay small
- avoid conflict
- sacrifice myself
- overachieve

Write honestly:

---

---

---

**3. In what ways have I abandoned myself to feel accepted, loved, or safe?**

Think about:

- people pleasing
- hiding feelings
- shrinking yourself
- tolerating poor treatment
- ignoring your needs
- silencing yourself

Write:

---

---

#### 4. How has low self-worth contributed to self-sabotage in my life?

Think about:

- relationships
- money
- opportunities
- procrastination
- confidence
- visibility
- boundaries

Write:

---

---

---

#### 5. What would change if I truly believed I was worthy of:

- love
- peace
- abundance
- success
- happiness
- healing
- support

Write freely:

---

---

---

#### 6. What part of me needs compassion most right now?

Write gently:

---

---

---

### **Self-Compassion Mirror Exercise**

Tonight, stand in front of a mirror.

Look into your eyes gently and slowly repeat:

“I am worthy without needing to prove myself.”

"I do not need to earn love through suffering."

"I am allowed to take up space."

"I deserve peace,  
healing,  
happiness,  
and love."

"I am learning to stop abandoning myself."

Notice what emotions arise afterward.

---

## ***Jacob's Practice for Today***

Today, practice receiving without minimizing.

Allow yourself to receive:

- kindness
- rest
- compliments
- support
- peace
- care
- appreciation

without immediately rejecting it,  
downplaying it,  
or feeling guilty.

When discomfort arises, gently say:

"I am allowed to receive."

---

## ***End-of-Day Reflection***

**What did I learn about my self-worth today?**

---

**Where do I still seek external validation most?**

---

**Did I notice myself criticizing or abandoning myself today?**

---

**What would my life look like if I truly believed I was worthy?**

---

## *Evening Closing Incantation*

Tonight, place your journal beside your bed before sleeping.

Read slowly:

“Archangel Uriel,  
thank you for illuminating the wounds connected to my self-worth today.

As I sleep tonight,  
continue revealing the beliefs,  
memories,  
fears,  
and emotional pain that taught me I was not enough.

Help me release shame,  
self-rejection,  
comparison,  
guilt,  
and the need to constantly prove my value.

Heal the parts of me that learned to abandon themselves to feel loved,  
accepted,  
safe,  
or worthy.

Replace harshness with compassion.  
Replace fear with trust.  
Replace self-rejection with understanding.

Reveal through dreams,  
emotions,  
symbols,  
insight,  
and intuition  
anything ready to rise into healing awareness.

Help me awaken tomorrow with greater self-respect,  
emotional safety,  
confidence,  
softness,  
and inner peace.

Surround my mind,  
body,  
spirit,  
and sleep with divine protection,  
wisdom,  
healing,  
and loving light.

Thank you for your guidance and illumination.

And so it is.”

Keep your journal beside your bed tonight.

Write down:

- dreams
- emotions
- repeating thoughts
- memories
- symbols
- sudden clarity upon waking

Sometimes the deepest healing begins when you finally stop measuring your worth through wounded eyes.

---

### ***Jacob's Closing Message***

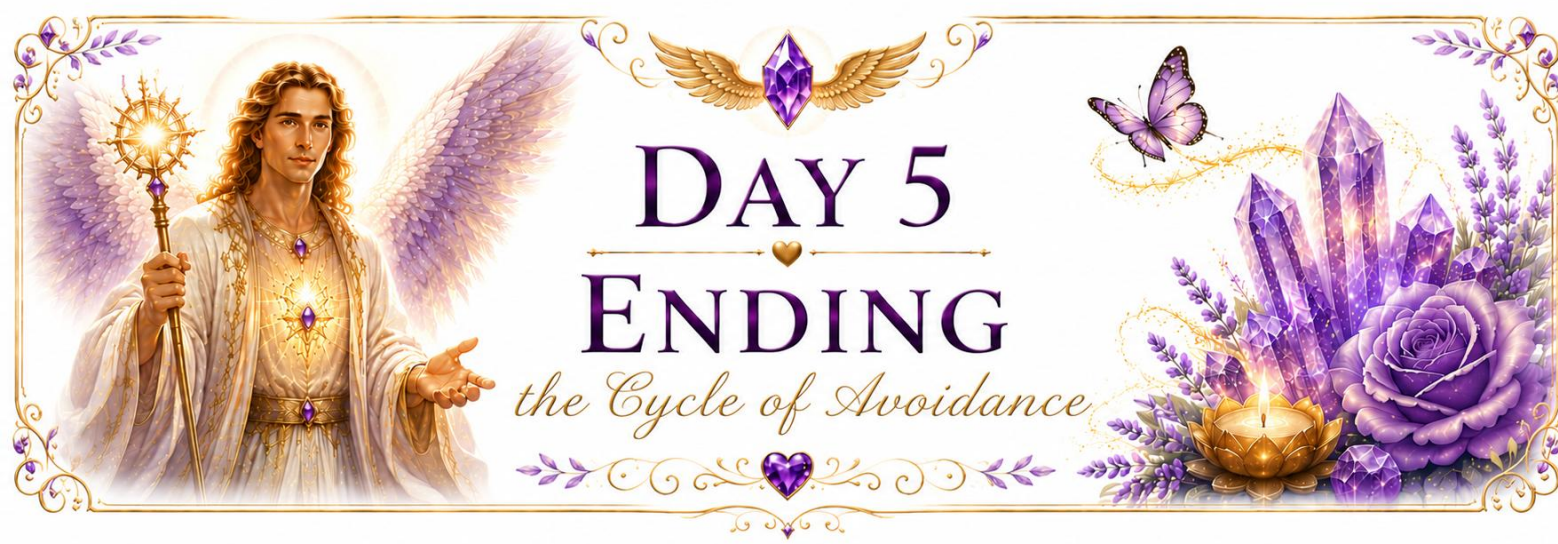
"You were never required to earn your worth through suffering,  
perfection,  
productivity,  
or sacrifice.

Your worth existed before the wounds.

Healing begins the moment you stop asking:  
'Am I enough?'

and begin remembering:

'I always was.'"



## Understanding the Behaviours That Keep You Stuck

“Avoidance temporarily protects you from discomfort, but long term it disconnects you from the life you truly want.” — Jacob

Self-sabotage often hides inside avoidance.

Many people believe avoidance means laziness,  
lack of discipline,  
or lack of motivation.

But avoidance is usually emotional protection.

The nervous system avoids what it associates with:

- fear
- shame
- pressure
- vulnerability
- disappointment
- failure
- judgment
- rejection
- overwhelm
- emotional pain

So instead of moving toward the thing you truly want,  
you may unconsciously:

- procrastinate
- distract yourself
- overthink
- stay busy with unimportant tasks
- avoid difficult conversations
- emotionally withdraw
- isolate yourself
- scroll endlessly
- sleep excessively
- quit too early
- numb yourself emotionally
- create excuses
- wait until the “right time”

Avoidance can feel safer in the moment.

But over time it creates:

- regret
- self-doubt
- missed opportunities
- emotional exhaustion
- frustration
- loss of self-trust

Today is about understanding what your avoidance patterns are trying to protect you from.

Because healing avoidance requires compassion,  
not punishment.

---

## Invocation to Archangel Uriel

Before journaling, sit quietly and breathe deeply.

Place your hands gently over your heart.

“Archangel Uriel,  
angel of wisdom,  
truth,  
courage,  
and illumination,  
I invite your presence into this space now.

Shine your light upon the avoidance patterns,  
distractions,  
emotional protections,  
and subconscious fears influencing my behaviour.

Help me understand what I have been running from emotionally.

Reveal the fears beneath my procrastination,  
distractions,  
emotional withdrawal,  
inconsistency,  
and self-sabotage.

Remove shame,  
denial,  
and harsh self-judgment from my awareness.

Help me meet myself with compassion instead of criticism.

Guide me toward emotional honesty,  
courage,  
grounded action,  
and healing.

Help me understand that avoidance may have protected me once,  
but it no longer needs to control my future.

Illuminate the next step forward with clarity and gentleness.

Thank you for your wisdom,  
guidance,  
and divine light.

And so it is.”

Pause afterward.

Notice:

- emotions
- resistance
- fears
- tension
- thoughts
- memories
- physical sensations

before beginning.

---

## ***Jacob's Teaching for Today***

Avoidance is often misunderstood.

People rarely avoid things because they simply “do not care.”

More often, they avoid things because the task,  
situation,  
conversation,  
or opportunity triggers something emotional underneath.

Examples:

- A business goal may trigger fear of failure.
- Visibility may trigger fear of judgment.
- A healthy relationship may trigger fear of vulnerability.
- Rest may trigger guilt.
- Success may trigger pressure.
- Setting boundaries may trigger fear of rejection.

The subconscious mind says:

**“If I avoid this, I avoid the emotional discomfort connected to it.”**

So avoidance becomes a temporary emotional escape.

But the longer avoidance continues,  
the larger fear often becomes.

Jacob teaches:

**“Avoidance feeds anxiety.**

Action weakens it.”

Healing avoidance begins when you stop asking:

**“Why am I so lazy?”**

and begin asking:

**“What emotion am I trying not to feel?”**

---

## ***Avoidance Pattern Assessment***

### **Avoidance Recognition Exercise**

Read slowly and tick anything that resonates deeply.

**I sometimes avoid...**

- ☐ difficult emotions
  - ☐ vulnerability
  - ☐ visibility
  - ☐ important tasks
  - ☐ conflict or confrontation
  - ☐ setting boundaries
  - ☐ asking for help
  - ☐ making decisions
  - ☐ opportunities that could change my life
  - ☐ rest because I feel guilty
  - ☐ slowing down because emotions may surface
  - ☐ commitment because I fear disappointment
  - ☐ success because it feels overwhelming
- 

## ***Deep Reflection Exercise***

### **Journaling Questions**

Take your time today.

This is about understanding,  
not judging.

---



**1. What do I avoid most often in my life right now?**

Think about:

- relationships
- emotions
- tasks
- healing
- conversations
- opportunities
- decisions
- visibility
- change

Write:

---

---

---

**2. What emotions arise when I think about facing these things directly?**

Examples:

- fear
- shame
- pressure
- sadness
- overwhelm
- rejection
- vulnerability
- guilt

Write honestly:

---

---

---

**3. What am I afraid might happen if I stop avoiding?**

Write:

---

---

---

**4. How has avoidance affected my:**

- confidence
- relationships
- peace

- self-trust
- goals
- emotional wellbeing

Write:

---

---

---

## 5. What behaviours do I use to emotionally escape or disconnect?

Examples:

- scrolling
- sleeping
- overeating
- distractions
- busyness
- overthinking
- isolation
- emotional numbness

Write:

---

---

---

## 6. What part of me is trying to feel emotionally safe through avoidance?

Write gently:

---

---

---

## *Emotional Awareness Exercise*

Today, notice when avoidance appears.

Pause and ask yourself:

**“What emotion am I trying not to feel right now?”**

Then simply observe without judgment.

Awareness interrupts unconscious cycles.

---

## ***Jacob's Practice for Today***

Choose ONE thing you have been avoiding.

Make it very small.

Examples:

- send the message
- open the document
- reply to the email
- make the appointment
- have the conversation
- take the first step only

The goal today is not perfection.

The goal is emotional courage.

After completing it, place your hand over your heart and say:

"I survived what I was avoiding."

---

## ***End-of-Day Reflection***

**What avoidance pattern became most visible today?**

---

**What emotion was underneath it?**

---

**What happened when I finally faced something I had been avoiding?**

---

**What would my life look like if avoidance no longer controlled my decisions?**

---

## ***Evening Closing Incantation***

Tonight, place your journal beside your bed before sleeping.

Read slowly:

"Archangel Uriel,  
thank you for helping me understand the emotional roots of my avoidance today.

As I sleep tonight,  
continue illuminating the fears,

wounds,  
beliefs,  
and emotions beneath the patterns that keep me disconnected from myself and my path.

Reveal gently what I have been afraid to feel,  
face,  
acknowledge,  
or heal.

Help me release emotional avoidance,  
fear-based distractions,  
procrastination,  
and the need to escape discomfort.

Teach my nervous system that it is safe to:  
feel,  
heal,  
confront,  
grow,  
rest,  
and move forward.

Reveal through dreams,  
insight,  
emotions,  
symbols,  
and memories  
anything ready to rise into healing awareness.

Help me awaken tomorrow with greater courage,  
clarity,  
emotional honesty,  
peace,  
and self-trust.

Surround my mind,  
body,  
spirit,  
and sleep with divine protection,  
wisdom,  
healing,  
and light.

Thank you for your loving guidance.

And so it is.”

Keep your journal beside your bed tonight.

Write down:

- dreams
- emotions
- memories
- sudden insights
- repeating thoughts

- moments of clarity upon waking

Sometimes avoidance begins dissolving the moment we stop running from what we feel.

---

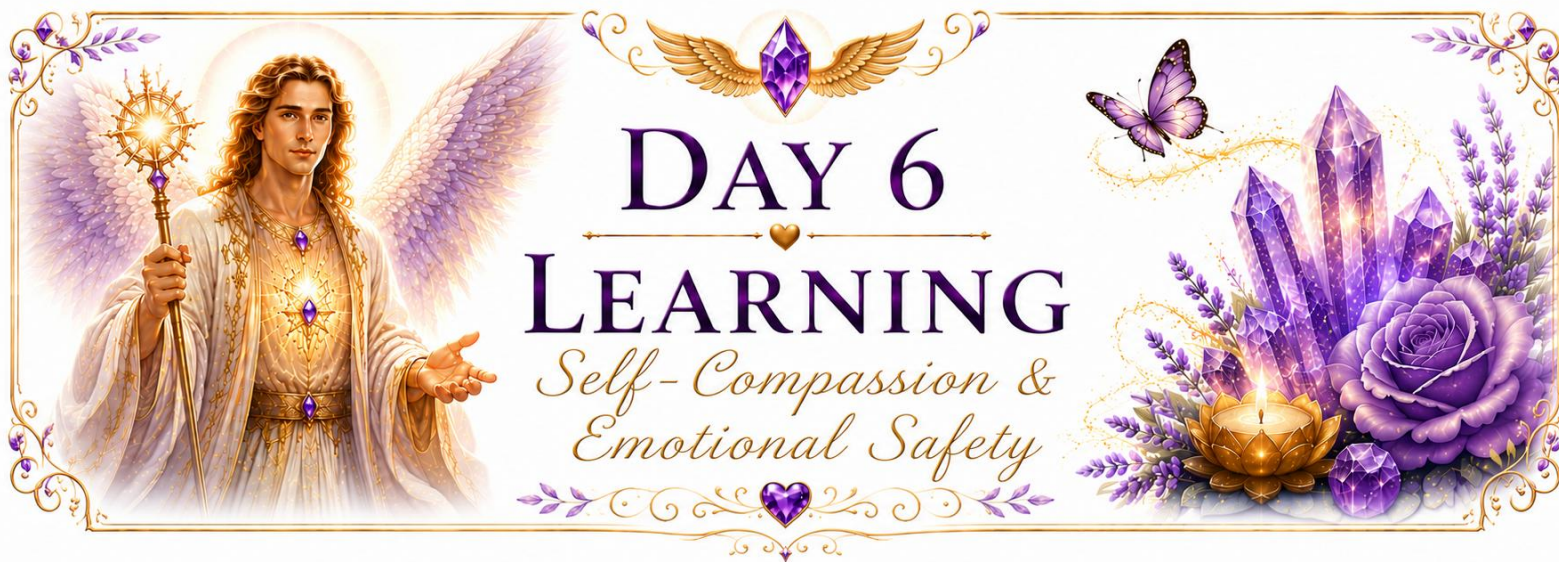
### ***Jacob's Closing Message***

“Avoidance is not weakness.

It is often fear searching for safety.

But healing begins the moment you stop abandoning yourself to escape discomfort.

One honest step toward what you fear changes everything.”



## ***Creating a Kinder Relationship with Yourself***

“Healing begins the moment you stop treating yourself like the enemy.” — Jacob

Many people living with self-hatred do not feel emotionally safe within themselves.

Their inner world may feel filled with:

- criticism
- shame
- pressure
- fear
- guilt
- emotional punishment
- rejection
- harshness
- self-blame

Even during difficult moments,  
instead of receiving compassion internally,  
they often receive attack.

Over time,  
the nervous system begins living in constant emotional stress.

The mind may believe:

- “I do not deserve softness.”
- “I should be harder on myself.”
- “Compassion will make me weak.”
- “I deserve punishment.”
- “I must criticize myself to improve.”
- “I cannot trust myself.”

But healing cannot fully happen in an environment of emotional war.

Just as a wounded child needs safety to heal,  
the wounded parts within you also need:

- gentleness
- patience
- understanding
- compassion

- emotional safety
- kindness
- acceptance

Self-compassion does not mean:

- avoiding responsibility
- pretending pain does not exist
- excusing harmful behaviour

Self-compassion means:

**treating yourself like someone worthy of care while healing.**

Today is about beginning to create emotional safety within yourself.

Because self-hatred weakens when compassion becomes stronger than punishment.

---

## ***Invocation to Archangel Chamuel***

Before journaling, sit quietly for several moments.

Place one hand over your heart and one over your stomach.

Take several slow deep breaths.

“Archangel Chamuel,  
angel of unconditional love,  
compassion,  
emotional healing,  
peace,  
comfort,  
and divine tenderness,  
I invite your loving presence into this space now.

Surround me with your gentle healing light.

Help me soften the harshness,  
fear,  
criticism,  
shame,  
and emotional punishment living within me.

Reveal the ways I have learned to treat myself without compassion,  
patience,  
gentleness,  
or emotional safety.

Help me release the belief that I must suffer,  
criticize myself,  
or remain emotionally hard in order to deserve healing or growth.

Teach me how to create safety within my own mind,  
body,

heart,  
and spirit.

Guide me gently toward self-compassion,  
emotional softness,  
peace,  
understanding,  
forgiveness,  
healing,  
and love.

Help me become someone who comforts themselves instead of attacks themselves.

Illuminate the truth that compassion is not weakness —  
it is healing.

Thank you for your loving guidance,  
comfort,  
healing,  
and divine light.

And so it is.”

Pause afterward.

Notice:

- emotions
- resistance
- sadness
- relief
- tension within the body
- memories
- thoughts or emotional reactions

before beginning.

---

## ***Jacob's Teaching for Today***

Many people fear self-compassion because they were taught:

- kindness is weakness
- emotions are unsafe
- vulnerability is dangerous
- self-love is selfish
- criticism creates growth
- softness leads to failure

So instead of comforting themselves during pain,  
they attack themselves.

Jacob teaches:

**“People often continue the emotional treatment they once received from others.”**

Someone criticized heavily may continue criticizing themselves internally.

Someone emotionally neglected may struggle to comfort themselves.

Someone raised around shame may believe they deserve punishment instead of compassion.

Over time,  
self-hatred becomes emotionally familiar.

But familiarity is not the same as truth.

Healing requires creating a new internal relationship.

One based on:

- compassion
- patience
- emotional safety
- softness
- understanding
- self-acceptance

Because emotional healing cannot fully happen where fear and self-attack dominate.

The nervous system heals through safety.

And self-compassion creates safety.

---

## ***Self-Compassion Awareness Assessment***

Rate yourself honestly from 1–10.

| Statement                                                    | Score |
|--------------------------------------------------------------|-------|
| I struggle to be gentle with myself during difficult moments | ___   |
| I criticize myself more than I comfort myself                | ___   |
| I feel emotionally unsafe within my own thoughts sometimes   | ___   |
| I believe I must be hard on myself to improve                | ___   |
| I struggle to forgive myself                                 | ___   |
| I feel uncomfortable receiving compassion                    | ___   |
| I struggle to emotionally nurture myself                     | ___   |
| I often feel emotionally exhausted from self-judgment        | ___   |
| I find it difficult to fully accept myself                   | ___   |
| I want to learn how to treat myself with more kindness       | ___   |

### **Reflection**

Which statement triggered the strongest emotional response today?

Write honestly:

---

---

## Emotional Safety Recognition Exercise

Read slowly and place a tick beside anything that resonates deeply.

### Deep down, I sometimes feel...

- ☐ emotionally unsafe within myself
- ☐ afraid to make mistakes
- ☐ emotionally exhausted from self-criticism
- ☐ undeserving of kindness
- ☐ uncomfortable with softness or vulnerability
- ☐ emotionally disconnected from self-love
- ☐ afraid compassion will make me weak
- ☐ trapped in harsh self-judgment
- ☐ emotionally overwhelmed by shame
- ☐ unable to comfort myself during pain
- ☐ disconnected from peace within myself
- ☐ afraid I may never fully heal

---

## Deep Reflection Exercise

### Journaling Questions

Answer gently and honestly.

This is about awareness and healing —  
not perfection.



---

### 1. How do I usually treat myself when I am struggling emotionally?

Think about:

- mistakes
- sadness
- fear
- failure
- vulnerability
- emotional pain

Write:

---

---

---

### 2. What fears do I have around self-compassion or softness?

Examples:

- fear of weakness
- fear of losing control
- fear of becoming lazy
- fear of vulnerability

Write honestly:

---

---

---

**3. Where did I learn the way I speak to and treat myself emotionally?**

Write:

---

---

---

**4. What would emotional safety within myself feel like?**

Write freely:

---

---

---

**5. What parts of me need compassion instead of criticism right now?**

Write gently:

---

---

---

**6. If I truly believed I deserved kindness,**

how would my life begin changing?

Write:

---

---

---

## Self-Compassion Exercise

Place your hands gently over your heart.

Close your eyes and slowly repeat:

“I am learning to become emotionally safe for myself.”

“I do not need to hate myself in order to heal.”

“Compassion is not weakness.”

“I deserve gentleness during difficult moments.”

“Healing begins with kindness.”

Repeat slowly three times.

Notice any emotions or resistance that arise.

---

## Jacob's Practice for Today

Today,  
every time you notice harsh self-talk,  
pause and ask:

**“What would compassion say to me right now?”**

Then respond to yourself gently.

Examples:

Instead of:

“I am failing.”

Try:

“I am struggling emotionally and doing my best.”

Instead of:

“I should be stronger.”

Try:

“I deserve support and understanding too.”

Compassion slowly rewires the inner world.

## *End-of-Day Reflection*

What harsh pattern toward myself became most visible today?

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What part of me needs compassion most right now?

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How would my life change if I became emotionally safe for myself?

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What would it feel like to stop being at war with myself internally?

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## *Evening Closing Incantation*

Tonight, place your journal beside your bed before sleeping.

Read slowly:

“Archangel Chamuel,  
thank you for helping me begin creating emotional safety within myself today.

As I sleep tonight,  
continue illuminating the fears,  
shame,  
harshness,  
emotional pain,  
self-criticism,  
and wounds hidden beneath my self-hatred.

Help me release emotional punishment,  
self-attack,  
fear,  
guilt,  
perfectionism,  
and the belief that I must suffer in order to deserve healing.

Heal the parts of me that still feel:  
unsafe,  
unworthy,  
emotionally alone,  
afraid of softness,  
or disconnected from compassion.

Guide me gently toward emotional safety,  
self-compassion,  
peace,  
forgiveness,  
healing,

tenderness,  
and love.

Help me remember that healing does not grow through cruelty —  
it grows through kindness.

Reveal through dreams,  
intuition,  
insight,  
emotions,  
symbols,  
and memories  
anything ready to rise into healing awareness.

Help me awaken tomorrow with greater softness,  
emotional peace,  
healing,  
compassion,  
safety,  
and self-understanding.

Surround my mind,  
body,  
spirit,  
and sleep with unconditional love,  
healing,  
comfort,  
and divine light.

Thank you for your loving guidance and presence.

And so it is.”

Keep your journal beside your bed tonight.

Write down:

- dreams
- emotional insights
- symbols
- repeating thoughts
- memories
- intuitive feelings upon waking

Self-hatred begins dissolving the moment someone learns:  
they are allowed to be gentle with themselves too.

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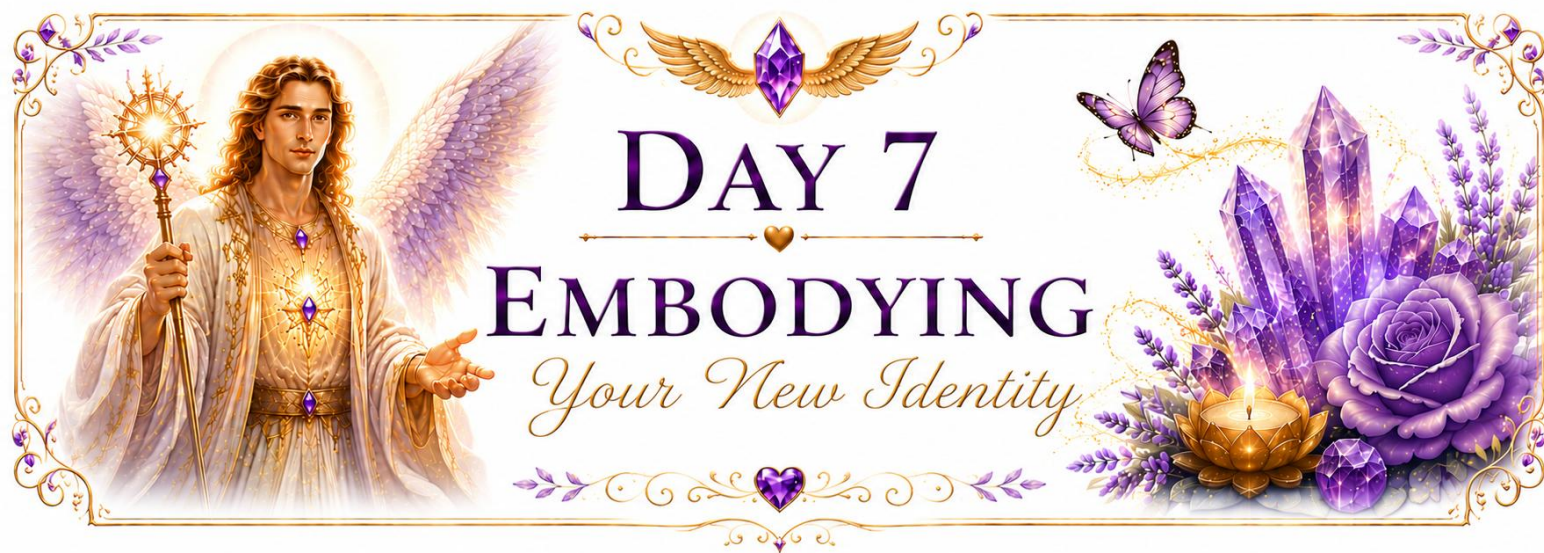
## ***Jacob's Closing Message***

“Many people spend years believing cruelty toward themselves creates growth.

But healing begins when you realize:

the wounded parts within you never needed punishment.

They needed compassion,  
safety,  
understanding,  
and love.”



## ***Releasing the Old Self & Becoming the Person You Were Meant to Be***

“Healing is not only about changing behaviours.

It is about becoming someone who no longer believes they must live in survival.” — Jacob

Over the past seven days, you have explored:

- self-sabotage
- fear
- limiting beliefs
- emotional wounds
- avoidance
- self-worth
- nervous-system protection
- emotional safety

You have begun uncovering the hidden patterns that once operated unconsciously beneath your life.

And now,  
something important must happen.

You must stop identifying yourself through the wounded version of who you once had to be.

Because healing is not only about understanding your patterns.

It is about becoming someone new.

Many people remain trapped because they continue repeating old identities such as:

- “I am broken.”
- “I always sabotage things.”
- “I never follow through.”
- “I am too damaged.”
- “I always fail.”
- “I cannot change.”
- “I will always struggle.”

But identities become instructions for the subconscious mind.

If you continue identifying with the wounded version of yourself,  
the mind will continue recreating the same emotional cycles and behaviours to remain aligned with that identity.

Today is about consciously releasing the old version of yourself built through fear,  
pain,  
survival,  
and limitation.

And beginning to embody:

- healing
- self-trust
- emotional safety
- confidence
- truth
- peace
- courage
- alignment
- conscious choice

Because self-sabotage loses power when your identity changes.

### ***Invocation to Archangel Uriel***

Before journaling, sit quietly for several moments.

Place your hands over your heart.

Take slow deep breaths.

“Archangel Uriel,  
angel of wisdom,  
illumination,  
truth,  
transformation,  
and divine guidance,  
I invite your presence into this space now.

Thank you for walking beside me throughout this healing journey.

Thank you for illuminating the fears,  
wounds,  
beliefs,  
emotional protections,  
and subconscious patterns that have shaped my life.

Today,  
I ask for your guidance in releasing the old identity built through pain,  
fear,  
shame,  
survival,  
self-doubt,  
and self-sabotage.

Help me release the version of myself that believed:  
I was not enough,  
unsafe,  
unworthy,  
broken,  
unseen,  
or incapable.

Illuminate the strongest,  
wisest,  
most healed,  
and most aligned version of myself.

Help me embody self-trust,  
courage,  
emotional safety,  
peace,  
confidence,  
self-respect,  
and conscious action.

Guide me toward a future no longer controlled by fear or survival patterns.

Help me trust the person I am becoming.

Help me remember that healing is not perfection —  
it is awareness,  
compassion,  
honesty,  
and conscious choice.

Thank you for your protection,  
healing,  
wisdom,  
and divine light.

And so it is.”

Pause afterward.

Notice:

- emotions
- softness
- resistance
- grief
- relief
- memories
- hope
- inner shifts

before beginning.

Healing requires grieving old identities.

Even unhealthy identities can feel emotionally familiar.

You may have spent years identifying as:

- the anxious one
- the people pleaser
- the invisible one
- the overthinker
- the procrastinator
- the one who struggles
- the one who stays small
- the one who never feels enough
- the one who self-sabotages

And although painful,  
those identities may have once protected you emotionally.

But healing asks:

**“Who are you beyond survival?”**

Because the future cannot fully open while you remain emotionally attached to the version of yourself created through pain.

Jacob teaches:

**“The nervous system repeats what identity expects.”**

This is why true transformation is not only behavioural.

It is identity work.

When you begin believing:

- “I am safe.”
- “I can trust myself.”
- “I deserve peace.”
- “I am capable.”
- “I can change.”
- “I no longer need fear to protect me.”

your actions begin changing naturally.

Not through force.

But through alignment.

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## ***Identity Transformation Assessment***

Rate yourself honestly from 1–10.

**Statement**

**Score**

- I feel more aware of my self-sabotaging patterns \_\_\_\_\_
- I understand my emotional triggers more clearly \_\_\_\_\_
- I feel more compassionate toward myself \_\_\_\_\_
- I believe healing is possible for me \_\_\_\_\_
- I feel more emotionally aware than before \_\_\_\_\_
- I feel more willing to change unhealthy patterns \_\_\_\_\_
- I trust myself more than I did before \_\_\_\_\_
- I feel more emotionally safe being myself \_\_\_\_\_
- I believe I deserve peace, love, and success \_\_\_\_\_
- I feel more connected to the person I want to become \_\_\_\_\_

## Reflection

What emotional shifts have you noticed within yourself during this journey?

Write honestly:

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## Identity Recognition Exercise

Read slowly and tick anything that resonates deeply.

**I am beginning to understand that...**

- ☐ my patterns were created through pain, not weakness
- ☐ healing requires compassion instead of punishment
- ☐ I do not need to stay emotionally stuck in survival
- ☐ I am allowed to change
- ☐ I deserve peace and happiness
- ☐ I can become someone new
- ☐ my past does not define my future
- ☐ self-awareness creates freedom
- ☐ I no longer want fear controlling my life
- ☐ I am learning to trust myself again
- ☐ I am becoming emotionally safer within myself
- ☐ healing is possible for me

## Deep Reflection Exercise

### Journaling Questions

Take your time today.

Allow honesty,  
emotion,  
and softness.



---

### 1. What old identity am I ready to release?

Examples:

- the self-sabotaging version of me
- the anxious version
- the invisible version
- the wounded version
- the fearful version
- the people-pleasing version

Write:

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### 2. What survival patterns no longer align with who I want to become?

Write:

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### 3. What have I learned about myself during this journey?

Write honestly:

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### 4. What emotional wounds now feel ready for deeper healing?

Write:

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### 5. Who am I becoming?

Think about:

- energy

- confidence
- peace
- boundaries
- courage
- self-trust
- emotional safety
- relationships
- habits

Write freely:

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## 6. What kind of life do I want to consciously create moving forward?

Write:

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## *Letter to Your Future Self*

Today, write a letter to the future healed version of yourself.

Include:

- what you are releasing
- what you are choosing
- how you promise to show up for yourself moving forward
- the kind of life you want to build
- what you never want to forget from this healing journey

Allow the letter to come from honesty,  
not perfection.

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## *Identity Embodiment Exercise*

Stand in front of a mirror tonight.

Look into your eyes gently and repeat slowly:

“I am no longer defined by the patterns created through pain.”

“I am allowed to heal.”

“I am allowed to grow.”

"I am allowed to change."

"I am becoming someone who no longer abandons themselves."

"I trust the person I am becoming."

Pause afterward and notice what emotions arise.

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## ***Jacob's Practice for Today***

Today, consciously choose ONE behaviour aligned with your healed identity.

Ask yourself:

**"What would the healed version of me choose today?"**

Then act from that version of yourself.

Examples:

- setting a boundary
- resting without guilt
- taking action despite fear
- speaking honestly
- allowing support
- showing compassion toward yourself
- following through on something important
- choosing peace over chaos

Small choices reinforce new identity.

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## ***End-of-Day Reflection***

**What old identity am I beginning to release?**

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**What new identity feels ready to emerge?**

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**What emotional changes have I noticed within myself during this journey?**

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**What kind of future do I now believe is possible for me?**

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## *Final Evening Closing Incantation*

Tonight, place your journal beside your bed before sleeping.

Read slowly:

“Archangel Uriel,  
thank you for guiding me through this journey of healing,  
awareness,  
truth,  
transformation,  
and self-understanding.

Thank you for illuminating the fears,  
beliefs,  
wounds,  
protections,  
and subconscious patterns that once kept me emotionally trapped in survival.

As I sleep tonight,  
help me continue releasing the identities built through fear,  
shame,  
self-doubt,  
emotional pain,  
and self-sabotage.

Help me embody the version of myself rooted in:  
truth,  
peace,  
self-worth,  
emotional safety,  
courage,  
compassion,  
alignment,  
confidence,  
and self-trust.

Continue guiding my healing journey through dreams,  
intuition,  
emotional insight,  
wisdom,  
symbols,  
and divine understanding.

Help my nervous system fully understand that I no longer need fear,  
avoidance,  
struggle,  
or self-protection to survive.

Help me awaken feeling lighter,  
clearer,  
stronger,  
softer,  
wiser,  
and more connected to who I truly am beneath the wounds.

Surround my mind,  
body,  
spirit,  
future,  
and healing path with divine protection,  
wisdom,  
peace,  
and loving light.

Thank you for walking beside me.

And so it is.”

Keep your journal beside your bed tonight.

Write down:

- dreams
- insights
- emotional releases
- symbols
- moments of clarity
- intuitive feelings upon waking

Transformation often begins quietly before it becomes visible.

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### ***Jacob's Final Message***

“Self-sabotage was never your true identity.

It was a survival pattern created by pain,  
fear,  
and emotional protection.

But you are no longer unconscious of the patterns now.

And awareness changes everything.

Healing is not becoming someone perfect.

Healing is becoming someone who no longer abandons themselves.

One conscious choice at a time.”